THE Lions' Pride
OF SAINT LEO UNIVERSITY

FRIDAY, SEPTEMBER 18, 2009 VOLUME XXXXIV NO. 1 SINCE 1965

Remembering Renee Marie Goggin

Renee Marie Goggin, 21, daughter of Vincent J. and Marie A. Goggin, died unexpectedly on Wednesday, July 22 at St. Joseph's Hospital in her home town of Nashua, New Hampshire. Renee's death was the result of a maritime accident as she was riding a PWC with a friend when it crashed into a pylon

Renee was born on May 8, 1988 and was a graduate of the Academy at Swift River in Cummington, MA. She was attending Saint Leo as a major in elementary education. She loved children and decided that she wanted to be a teacher. Those who knew her say she was a sweet, fun-loving person who enjoyed music, dancing, and scrapbooking. Renee was also a former staff member of *The Lions' Pride*.

A memorial mass was held for her on Thursday, September 3 in the Student Community Center Boardroom in which Renee's mother Marie spoke of her daughter's life. Renee will be missed by all who loved her and knew her.

Traffic accidents on State Road 52 cause major concern for Saint Leo students and staff

BY KATIE GAISER
Lions' Pride Layout Editor

The recent accidents which have occurred in front of campus on State Road 52 within the past few weeks have caused a great amount of concern for the safety of students and staff members.

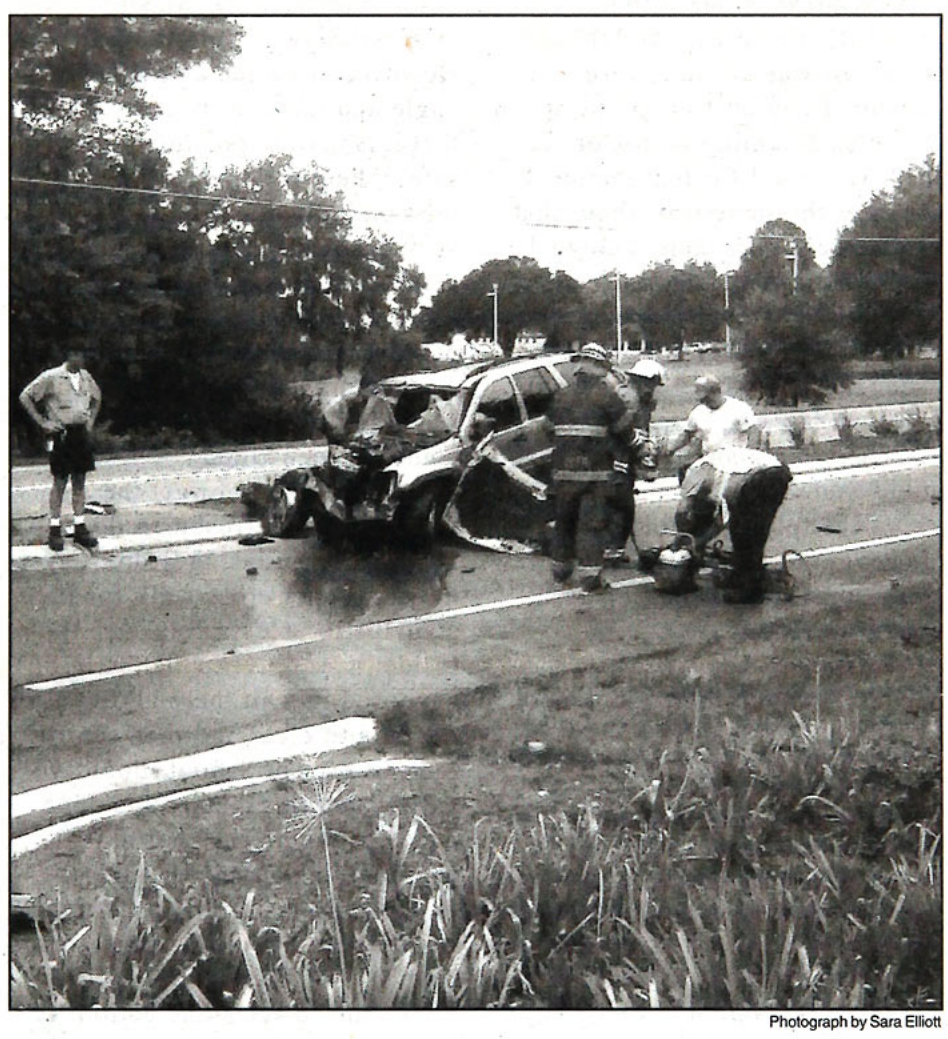
Within the first week of the fall term, two serious accidents occurred just outside the main entrance of the campus. One accident resulted in a death, and another caused serious injury to those involved.

On August 26, a visitor was turning left into the school's main entrance when the right side of his Jeep Durango was struck by an oncoming truck traveling west on State Road 52. The Jeep was forced back several yards into the median, the entire front end crushed. The truck veered off the road onto the grass just past the school's entrance. The Jeep was so damaged that fire fighters were forced to cut the car door open to free the man inside. Once removed from the vehicle, he was airlifted out to a local hospital and treated for his wounds.

"I've never seen an accident that close, that fast, that bad," said Senior Sara Elliot, one of the first people on the scene. "The screeching tires were so loud I could hear them from a few hundred feet away."

Elliot is CPR certified and rushed over to see if she could help. "There was nothing I could do. The car was so badly crushed that we had to wait for the firefighters to come rescue him."

The truck that hit the Jeep contained two men who suffered minor injuries. Although it is uncertain why this accident happened, it appeared that the driver of the Jeep misjudged the speed of the truck traveling towards him and the truck was unable to break in time to avoid the crash.



Photograph by Sara Elliott

Firefighters work to free the victim of the crash which occurred on August 26.

The second accident, which occurred on the morning of Saturday, August 29 involved a bicyclist traveling westbound in the right lane of State Road 52. A man driving a '91 Eagle struck the bicyclist by accident as he was traveling up the hill towards the main entrance of the school. The bicyclist later died in the hospital the following day at the age of 24. The driver of the vehicle was unharmed, and authorities say that he was not speeding or impaired in any way.

In light of these accidents, it is apparent that action may need to be taken to improve the safety of students traveling on this road and in and out of campus. One cause of concern is the speed limit on State Road 52.

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H1N1 "Flu" to Campus

BY JORDAN STEVENS
Lions' Pride Staff Writer

Barely entering the first week of the semester, and already the Swine Flu epidemic has spread to Saint Leo's campus. H1N1, also known as the "Swine Flu," derives itself from an influenza virus usually found in pigs, hence the name Swine Flu. This new influenza virus was first detected in the U.S in April 2009 and has already found its way onto Leo's campus. With 20 confirmed cases on campus, and 25 more possibilities, Terry Dadez, RN, director of the Health and Wellness Center, is trying her best to educate students on ways to stay healthy.

"People are more afraid and panicked by information they don't know. The Swine Flu is not more severe than the regular seasonal flu; it's just a new type of influenza, and no one is really sure what it is going to do," said Dadez.

H1N1 virus is spread the same way the seasonal flu spreads. From person to person; through coughing, sneezing, and touching an infected surface, and then touching the mouth and nose. It is not an air born virus.

The symptoms are also very similar. Regular flu symptoms include, fever, coughing, sore throat, chills, runny or stuffy nose, body aches, headaches, and fatigue. More severe cases have reported symptoms of diarrhea or vomiting. Students on campus are already panicked over the thought of catching the Swine Flu.

"It's so scary, because I've never been so close to it, and who knows how bad it is going to get," said

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Opinions

She Said What??

Traffic accidents are dangerous to campus life.

BY KATIE GAISER
Lions' Pride Layout Editor

The first time I pulled into the turning lane to enter Saint Leo University's main entrance, I sat there for about 5-10 minutes at least. I remember this because my parents were driving in the car behind me and started to honk after I didn't turn for so long. The truth is, I was afraid to turn because I couldn't judge the speed of the cars coming at me, or see them very well for that matter. I still feel the same way about that turn, except now there's about 10 feet of foliage sitting out there blocking my view even farther, which is just lovely might I add because I can barely see over the wheel as it is.

There are many unsafe things about State Road 52 and the entrances to our campus. However, let me explain just a few things that are causing me great concern.

First of all, the hills suck, period. Granted, there's not much the school can really do about it, but they impair visibility for drivers and walkers tremendously. For instance, I was walking over to the tavern a few days ago. As I was crossing the road, I couldn't even see the car coming at me until it was already at the top of the hill a few hundred feet away. You can't see anybody coming up that hill until they are are merely feet away from possibly taking your life. What if that driver had been going 65 or 70mph. We could've been run over so easily.

This leads me to my next point. People speed up and down that road as though it's their job. Whose idea was it to make that road a 45mph speed limit? Everyone drives at least 5-10 miles above the posted speed limit no matter where you are. Why would people be encouraged to go this fast on a road where there is a school entrance that already seems to sneak up on you as it is? I simply don't understand it.

Another factor that is causing danger is the turning lane in front of the main campus entrance. I have seen so many people try to pull into that lane to go left towards Dade City, and just barely make the turn without being hit by oncoming traffic. The ends of their cars almost always stick out unless they turn the wheel appropriately to fit in the lane. However, it's such an awkward angle and there is so little space that it is hard to position your car safely. People come flying up the hills on both sides and it creates a very dangerous situation. Take the major accident that happened just a few weeks ago. The guy couldn't judge the speed of the truck coming at him and in a split second, he was struck. He could've been killed.

And, let's not forget the entrance to the freshmen dorms. Over by the villas, they don't even have a proper cross walk for the students to cross safely. Are the residents who live in that building supposed to wait there all day for the cars to clear and then run for their lives? The school should've anticipated this danger and done more for them. The shuttle isn't even running anymore! Now all they can do is hope a speeding truck doesn't come flying at them, right?

I want to see some action. I want to see a light get put up at both entrances, or at the very least have the speed limit lowered. I was doing an interview with Robert Sullivan, the new executive director of Security, a few days ago. He wants to get some school zone flashing lights put up along State Road 52 to force people to slow down. What a genius idea! Why has no one ever considered anything like this before? We are a school, and therefore, the strip of road in front of our school should be designated a school zone. It just makes sense. To get crosswalks, we need traffic lights. How many more people have to get into serious accidents before further action is taken? It might not be easy, but it's not impossible.

Travel safely out there, and always look ten times instead of three. And, that's what she said.

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Editor's welcome back

Here we go again. Welcome back to another exciting year at Saint Leo University. *The Lions' Pride* is a student run newspaper that is here to serve you, faculty, staff, and students alike.

The newspaper's sole existence is to provide you with the information you need, and to help you make informed decisions. Since 1965 *The Lions' Pride*, formally known as the *Monarch*, has been providing accurate pertinent news to the Saint Leo community.

As *The Lions' Pride* grows, I invite you to be a part of it. One change that I would most definitely like to see in the paper this semester is making it more student oriented. I want to work for you. Please, let me know what you want to see in the paper— what you are interested in reading about. Since this paper is here to serve you, you should at least find it interesting, right?

Send in photos from around the campus, write a letter if there is something you are happy or unhappy about involving Saint Leo, or even the world. If you have something to say, *The Lions' Pride* is your outlet.

Remember, you can't hide from *The Lions' Pride*.

-Kristin Brittain, Editor in Chief

The Lions' Pride Mission Statement

It is the mission of *The Lions' Pride* to provide accurate news and diverse opinions that are important to the Saint Leo community. It is our goal to inform and entertain readers while providing thought-provoking journalism without fear of reprisal. *The Lions' Pride* is a student managed publication free from institutional interference from conception to print. The staff upholds the Benedictine values, especially excellence, integrity, responsibility, and community, while supporting the first amendment rights.

The ailing nation: thoughts on Obamacare

BY LINDSAY RENNER
Lions' Pride Staff Writer

Since January 20 of 2009, all America has heard about from its president is "change" and "progress." One of the most noteworthy areas to undergo "change" has been the American healthcare system. In yet another vaguely socialist manner, President Obama has proposed a healthcare system large enough to encompass the needs of the entire country. While a noble idea in theory, a country as large as ours would be much too large to support socialized healthcare in practice. Our economic resources are far too depleted as is, and the ever growing-amount of citizens would only further serve to inhibit the success of such a program. Obama champions making the health-care plan "deficit neutral," but with an economy as volatile as ours, Americans cannot afford to overlook any aspect of the economy.

To fund this new healthcare system, Obama proposes throwing $10 billion a year towards providing equal healthcare coverage for all. This money would come from a tax hike, which does not seem to be the best choice for an already strained economy. Contrary to the beliefs of our vice president, the best way out of a recession is not to spend money that does not exist, but rather, to find a way to make the money that we still do have last, and try to find a way to make it grow from there.

While some citizens deserve government healthcare, as they cannot afford a private plan, there is no reason to make those who are able to afford more efficient private insurance go without it. A health insurance policy needs to be the best fit for the person who is going to receive its benefits in the future. The government, although it may serve to function as an entity to provide for the needs of its citizens, simply cannot provide a stable, well-fitting healthcare system for such a large population in such a poor economic climate.

If one wants an example of how a government-run healthcare

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Write here

The Lions' Pride newsroom is located in the Student Activities Center, office 106. Our phone number is (352) 588-8316. Send letters to the editor to The Lions' Pride: 33701 State Road 52 Saint Leo, FL 33574 or email us at lions.pride@saintleo.edu. Letters to the editor must be submitted with student's name, year, and major. Faculty and staff members must include rank and department. Please include a phone number (not a publication) so we can verify authorship. All letters are subject to editing. *The Lions' Pride* reserves the right not to publish any letter or column.

Wheels for a steal

BY CASEY MCKENNA
Lions' Pride Entertainment Editor

You've worked hard all week to get your work done by Friday afternoon; it is a beautiful September weekend, and the beach is calling your name. One little problem, you don't have the wheels to get there.

Enterprise-Rent-A-Car and the University of South Florida have teamed up to help students avoid transportation hindrances, as well as contribute to a healthy environment.

The last week of August gave way to a new program called WeCar, at USF's Tampa campus. The program provides USF students with the choice of four vehicles: three Toyota Prius' and one Ford Escape.

Phil Winters, director of the Transportation Demand Management Program at USF's Center for Transportation Research, known more commonly across campus as CUTR, said "there was a research project on campus" that inspired the WeCar program.

The goal of the project is to investigate student's transportation behavior. The Prius' and Escape that WeCar uses are hybrid vehicles.

USF isn't the only university participating in WeCar. The University of Oregon, Saint Mary's College, and the University of West Virginia have encouraged students to use the program on their campuses.

For students to use the program they are required to "pay a $20 application fee and a $50 annual membership fee," said Winters. He says that "the $20 fee is a one time payment" that is expected upon first time use of the rentals; students will not have to worry about paying that fee again after their initial rental.

Ara Hurak, Branch manager of Enterprise-Rent-A-Car in Zephyrhills said, "I think it would be great to have a program that would provide Saint Leo students with rental vehicles." Tasheira Morley, a senior, agrees with him saying, "I know a lot of students that rent from Enterprise. It would be a good program for international students like me." Her sister, Tasheika Morley wanted to know, if "students with international licenses would be able to participate in the program. When asked about Tasheika's concern, Hurak said "yes, students with international licenses will be able to rent from the program on campus, but we would need a major credit card, not a debit card" to process their rentals.

For students who have used the WeCar program at USF, convenience has been a pleasant advantage. "The vehicles are parked in pairs; one at our student center and one near dorms," said Winters. "Students can make their reservations online. They can check the availability of the vehicles and block out a time that they would like to use it," he said.

He pointed out that "one of the unique things is, under WeCar, students under 25 [years of age] are allowed to rent."

If a program like this was to be incorporated at Saint Leo University, "students under the age of eighteen would not be able to rent," said Hurak. The WeCar program at USF requires that students 18 and 19 years of age need to have a consent form filled out by their parents if they are going to rent a vehicle. "Students can log into their WeCar account and download that form," said Winters.

"It would be a good thing for students that don't have cars on campus," said Heather De Ronde, a graduate student. "I had two roommates junior year that had to borrow my car if they needed to get to the grocery store. I didn't mind lending them my car, but it would have been nice if they had the freedom to use a car whenever they needed to, and not have to worry about when I would be around to lend it to them."

"I am more than happy to work with Saint Leo University to get a program up and running," said Hurak. "I look forward to helping students with their rental needs."

USF freshman required to stay in campus housing

BY ASHLEY STOLLINGS
Lions' Pride Staff Writer

All first-time students at the University of South Florida (USF) are required to live on campus this year in an effort to improve the school's graduation rates.

USF spent a total of $65 million on a new dormitory in hopes of attracting freshman to stay on-campus. Their newly constructed dorm, Juniper-Poplar, features a dining hall, a one -stop convenience store, and even caters to coffee lovers, offering gourmet coffee at Starbucks. While all of these features are appealing, what USF truly wants to accomplish is to raise their graduation rates. By requiring freshman to reside on campus, they believe this will make it happen. USF's graduation rate ranks to a total 48 percent for the sixth year in a row, ranking lower than other top Florida state schools, such as the University of Florida, Florida State University, University of Central Florida, and the private school University of Miami.

Many freshmen feel differently about this new rule.

"I love it!" said Mariah Brana, a freshman at Saint Leo University, majoring in elementary education. "It's a new experience, and I enjoy meeting a variety of new students."

Jay Garfield, another freshman attending Saint Leo majoring in business added, "Staying on campus allows students to have a lot more free time because everything is on campus; it's a step away."

However, some students disagree.

"Not all freshmen think staying on campus is a great idea," said Emily Smith, a freshman attending the University of South Florida this year who disagrees with the requirement. "The whole living on campus requirement the first year is a stupid and pointless way for USF to make more money. It's a joke because you can waive the requirement if you live in the area, and if you come from out of state, then you could just move into one of the apartments that are a million times better than the dorms."

According to the *St.Petersburg Times*, Jennifer Capeheart, University of South Florida's vice-president of Student Affairs, has a different take on the idea.

"When you live on campus, you build relationships, you form habits, you make connections in ways that you just cannot do when you're driving in every day," she explained.

All in all, students don't seem to think requiring freshman to stay on campus is a bad idea. USF, as well as many other institutions with this requirement, advocate that it gives new students the true experience of how college life really is and these experiences will stay with them for years to come.

Saint Leo also requires freshmen to live on campus unless they live locally. This requirement doesn't seem to bother many freshmen.

"I think it is a very good experience and it gives us the opportunity to experience college life," said Sumira Salim, a freshman at Saint Leo, majoring in biology.

USF can only hope that instilling this new requirement will have the results the university is seemingly desperate for in future years to come.

ACCIDENT FROM PAGE 3

"Currently the speed limit is 45mph on State Road 52. That is entirely too fast," said Robert Sullivan, executive director of Campus Security. "This area is just as much as school zone as any other, and flashing yellow lights need to be installed to make people slow down."

Sullivan is currently awaiting a meeting with the Department of Transportation to start the process of installing school zone flashers as well as a traffic light at the front of the main entrance.

"The biggest problem challenge we face is getting people to slow down," Sullivan said. "Some people aren't even aware there is a University here because the school is so hidden. Traveling at such high speeds where there are students walking and driving is a big concern, and it needs to be addressed."

According to the Manual on Uniform Traffic Control Devices published by the Federal Highway Administration, the investigation of a need for a traffic signal must include eight warrants of study which include the following: Eight-Hour Vehicular Volume, Four-Hour Vehicular Volume, Peak Hour, Pedestrian Volume, School Crossing, Coordinated Signal System, Crash Experience, and Roadway Network. However, the manual also states that "the satisfaction of a traffic signal warrant or warrants shall not in itself require the installation of a traffic control signal." Therefore, although the main entrance of campus might satisfy one or more of these warrants, it does not mean that a traffic signal will be installed.

In an effort to slow drivers down, the Pasco County Sheriff's office has been on State Road 52 in front of campus running radar and writing tickets to all speeders. This is just the first step in making this area a safer place to walk and drive through.

"You get some of my buddies out there writing tickets for a couple weeks, people start to realize that speeding through this area is not a good idea," Sullivan said.

Students are encouraged to take extra precaution while driving and walking on this road.

"Something needs to be changed," said Elliot. "It could be a fraction of a second and that's all it takes for something to go wrong."

For more information on the Manual for Traffic Control Devices, visit *http://mutcd.fhwa.dot.gov/ kno_2003r1r2.htm*

H1N1 FROM PAGE 3

Sophomore Kylie Brown.

Dadez is anticipating the increase of the Swine Flu on campus to continue, and then begin decreasing. However, when the flu season returns she fears it is going to come back.

Students on campus already infected with the virus have been given masks to cover their nose and mouth, thermometers, cold medicine, and throat lozenges. They have also been recommending these students remain in their rooms for 24 hours until their fever decreases without the use of Tylenol or any other type of fever suppressant. Students with the Swine Flu are contagious 2-3 days before showing any symptoms and up to 5-7 days after. Therefore, students remaining in their rooms while sick, lessens the chance of the flu to spread.

Saint Leo University is not sending anyone home that has the Swine Flu. This runs the risk of spreading the Swine Flu to others. All the Health and Wellness staff, Dadez especially, is trying their best to help those with the Swine Flu get well and keep students without the flu as healthy as possible.

As of now, the government has not released a Swine Flu vaccination. Because the University's group of students are being considered a high risk group, Dadez is uncertain of when the Swine Flu shot will arrive. She is anticipating the delivery of the shot in the middle to late October. This Swine Flu shot will be available to all Saint Leo students free of charge.

For more information on the Swine Flu and tips to stay healthy visit www.saintleo.edu or contact The Health and Wellness Center at (352) 588 – 8347

Tips to Staying Healthy:

- Cover your nose and mouth with a tissue or sleeve when coughing or sneezing
- Wash your hands with soap and warm water
- Use Alcohol- based hand sanitizers (Which are available for free at Student Services, and the Nurse's office)
- Avoid touching your eyes, nose, or mouth
- Try to avoid close contact with those who are sick

Spotlight: Saint Leo's New Director of Security Robert Sullivan

BY KATIE GAISER
Lions' Pride Layout Editor

"Saint Leo attracts some pretty awesome kids," said Robert "Bobby" Sullivan, the newly appointed executive director of Campus Security.

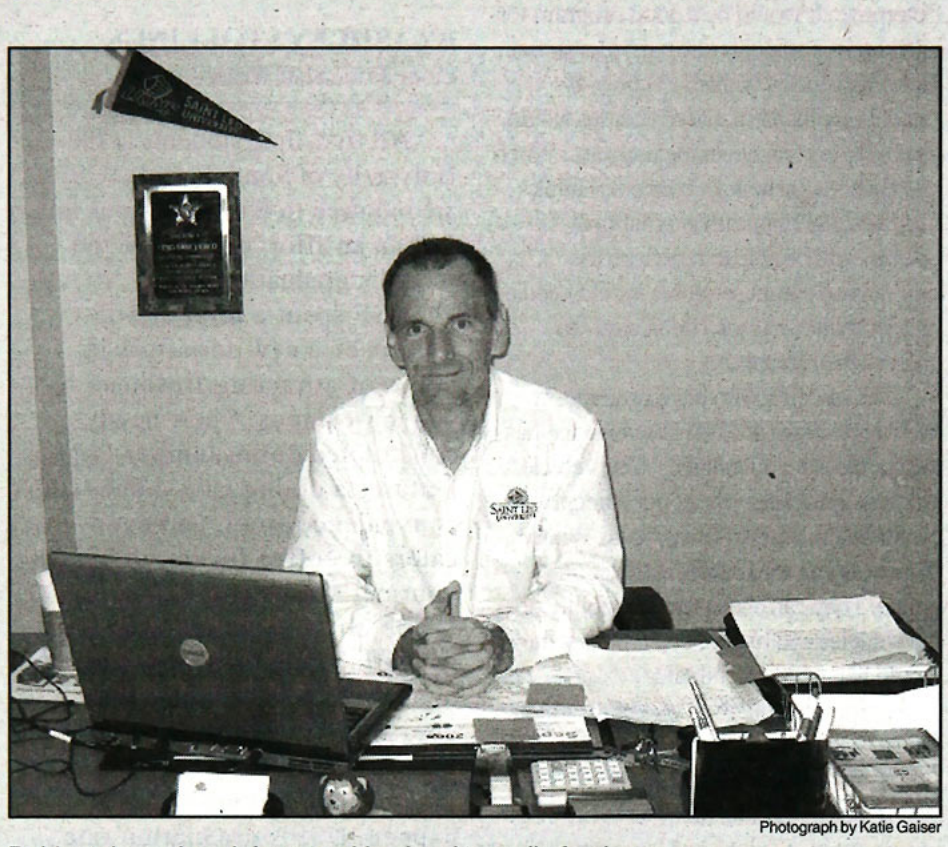
Sullivan, a 27 year veteran of the Pasco County Sheriff's office, has been working as executive director for about three months now.

"It's just been awesome so far," he sincerely said.

Sullivan is a retired captain who has been in charge of units including narcotics, street drugs, vice, criminal intelligence, and pharmacy fraud. He has also been an adjunct professor of criminal justice at the University of North Florida as well as Pasco Hernando Community College.

After his retirement, Sullivan had planned on enjoying his time off while still teaching part-time. However, when he got the call that this position had been created, he couldn't turn it down.

"When Ms. Jerome called and asked me if I would consider filling this position, I was excited and couldn't seem to say no," he said with a smile. "I used to come here as a sheriff and talk to the RA's about drugs and alcohol, and I enjoyed it a lot."



Photograph by Katie Gaiser

Bobby takes a break from working hard to smile for the camera.

This no doubt led to his acceptance of the position this past summer.

Originally from Brooksville, FL, Sullivan graduated from Hernando High School and went straight into the police academy soon after. He later went back to school and is a graduate of Saint Leo himself with a degree in criminal justice. He is currently working on his masters and has two daughters ages 15 and 6.

Sullivan's main concern on campus is promoting awareness of safety and alcohol abuse.

"The biggest danger to college students is alcohol," he stated. "I want to break the paradigm of college drinking and tell kids they don't have to come to school and get drunk out of their minds every night."

Sullivan encourages all students to be alert of their surroundings and to report anything or anyone they feel is suspicious. He is also looking to double the amount of security cameras on campus.

"I want to get them up in every parking lot and in all the student lounges across campus by the end of this school year," he said. "I want the students to know it's simply for their own protection."

Sullivan's favorite things about Saint Leo are the students and the core values.

"The students here are focused, polite, and hard working," he said proudly. "I think this has a lot to do with the school's core values as well. The students seem to embrace them whole heartedly and it really shows."

Sullivan encourages all students to stop by his office to strike up conversation any time.

"I love talking with the students. I've had some great conversations, and I'm really enjoying my time here so far."

Sullivan's office can be found in the Student Activities building, across from the student lounge area. Students, faculty, and staff can certainly look forward to all that this man will do for the campus this year and in future years to come.

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system works, the British healthcare system is a prime example of why socialized healthcare is a poor choice. To even get a doctor's appointment, one must go through a whole chain of bureaucracy. If it is determined from there that the patient needs surgery or further testing, yet another panel of bureaucrats decides whether or not the patient truly "needs" to have anything done. It is common in this system for men and women to die waiting for surgery. The British population is nowhere near the size of the American public's, and their system is that disastrously flawed. Obama's plan may not recommend the rationing and quite the level bureaucracy that Britain has, but it is evident that if such a relatively small population cannot be supported under this policy, then ours has no chance of making it on such a tight budget.

The president, no doubt, has the best intentions. A government is supposed to provide for its people. However, there needs to be a distinction between aiding the citizens and doing everything for them. Obama needs to step back and take a look at what is practical for the economy, and go about doing what is best from there.

Tips to appear more confident

BY CHERALYN BARRINGTON
Lions' Pride Staff Writer

Projecting confidence is an essential component in many social situations and aspects of life. It is important to appear confident when going to a job interview, public speaking, going on a date, in a work setting, and in any leadership position. Even if confidence is not something that comes naturally, there are several things that students can do to help exude confidence. Through practice, confident behavior will eventually become natural. Students across campus were interviewed and asked what characteristics confident people possess.

"People who seem more confident don't slouch in a corner by themselves or when walking," said Sophomore David Mitchell. "Confident people tend to be in more of a happy or overall good mood about things."

Students agreed that standing up straight and having good posture can make people seem confident. Walking with a comfortable, easy stride projects confidence because it shows a certain love for oneself.

Sophomore Samantha Litrico has a job in which she frequently sells kitchen cutlery from CUTCO. In order for her to be good at selling, she needs to be confident about her product so that her customers can have confidence in her and want to purchase it.

"For me, confidence stems from being a people person and being at ease when getting to know people," said Litrico. "Try and relax and be yourself; showing that you're comfortable around others also shows that you're comfortable with yourself."

People also find that when someone speaks with an authoritative voice, it shows that they are confident with what they are speaking about.

"Confident people tend to look for meaning in things and have something to say. Smiling also shows confidence," said Sophomore Carson Holton. "In any relationship you need to be confident because it affects attractiveness. If you don't dwell on the negative and let it get you down, then you'll naturally be more confident."

Another suggestion is to wear clothing that is flattering and will boost self-esteem. If students feel that they look good, they'll release a confident vibe that others will pick up on.

Photograph by Cheralyn Barrington

Samantha Litrico confidently presents her knives.

Although confidence is not always an easy thing to have, there are many simple things that can be done to project confidence and really make a difference.

Express yourself: wear unique clothing

BY CHERALYN BARRINGTON
Lions' Pride Staff Writer

From the start of mankind, wearing clothing has always been a practicality. Clothing helps to protect the body from hazardous germs and also from physical harm. Over the years, wearing clothing has become a social norm in civilized societies. If Saint Leo's inhabitants witnessed someone walking naked across campus, the majority of them would probably be shocked and slightly embarrassed, which would likely result in a call to security. There is even a law stating that Americans must wear clothing in public. Clothing is such a common part of life and society that now, many take it for granted.

In addition to keeping the body safe and modest, clothing also can be used as a unique form of personal expression. Each item worn makes a statement, almost as if the wearers are holding a sign above their heads and explaining who they are. So, why not make the right statement while also inspiring others to let out their inhibitions and break the rules of fashion? Dare to be bold and wear different pieces together that others may not. Mix and match different eras, patterns, and colors. If something beloved was bought from a designer store and something appealing is found at a retro clothing store, put them together! This will create a unique style that illuminates individuality. The fashion industry is unlimited, so there are many different options to choose from. Shopping at the mall or designer stores to find clothing can be costly, so there are other options such as going to Wal-Mart, Marshalls, vintage stores, or even making clothing.

Elizabeth O'Brien, a sophomore who described her style as "eclectic," makes her own clothes all the time. When asked what her favorite article of clothing is, she declared, "It's my 'cherry skirt' that I made over the summer even though I fit it too big and have to wear it like a grandma. I'm going to add an elastic band into the waist so it fits better."

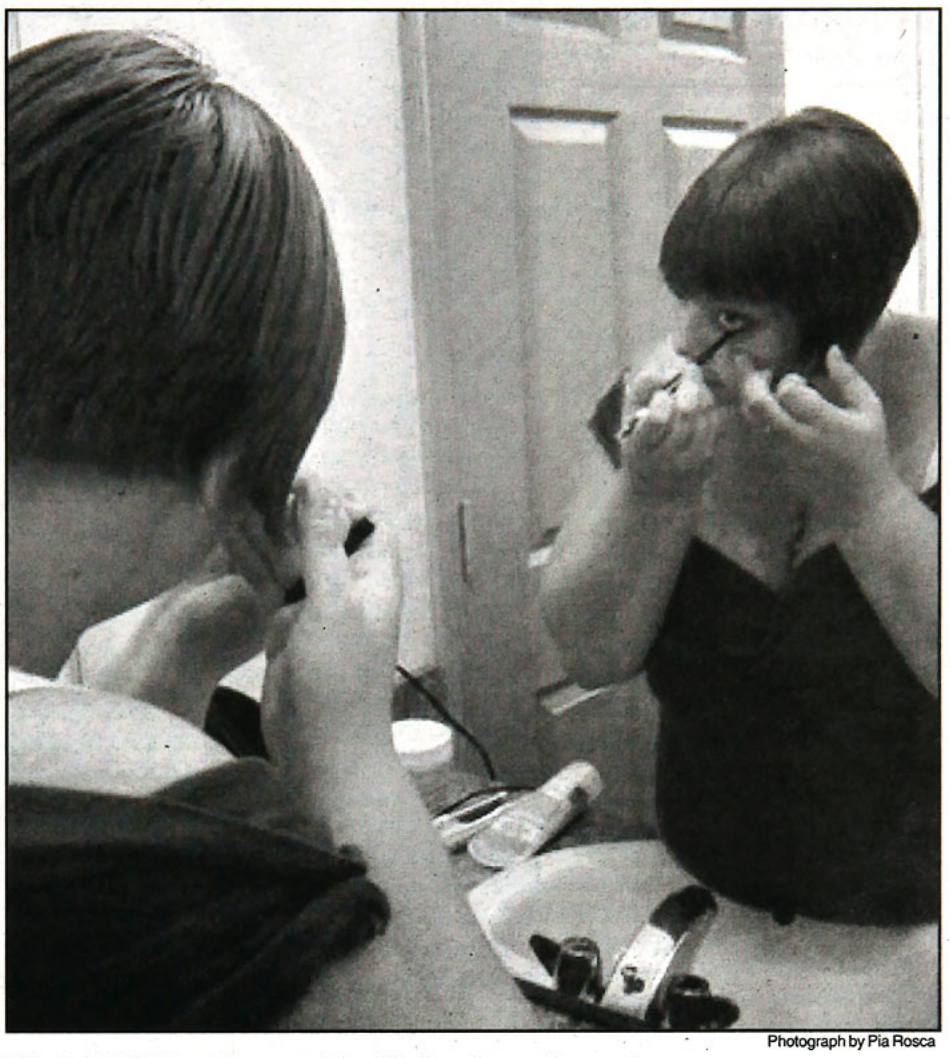
O'Brien made the skirt in twenty minutes by measuring herself, cutting out a pattern and sewing it. She also loves to knit her own scarves and hats, and is learning to crochet.

O'Brien has a very unique style

"When I'm picking out an outfit, I look for bright colors, comfort, and something that also matches my crazy hair," she said "When I wear unique clothing, I truly feel like myself."

As O'Brien showcases, making clothes is simple, economical, and doesn't even take very long. Another positive thing about making clothes is that they can be customized exactly to the wearer's preference. The piece of clothing created will be entirely unique.

Next time while shopping, be on the lookout for interesting fashion pieces that will add extra flair to outfits. Whether the wearers decide to make their own clothes, mix old styles with new, or wear seemingly clashing colors together, they will be expressing individuality and making a statement.

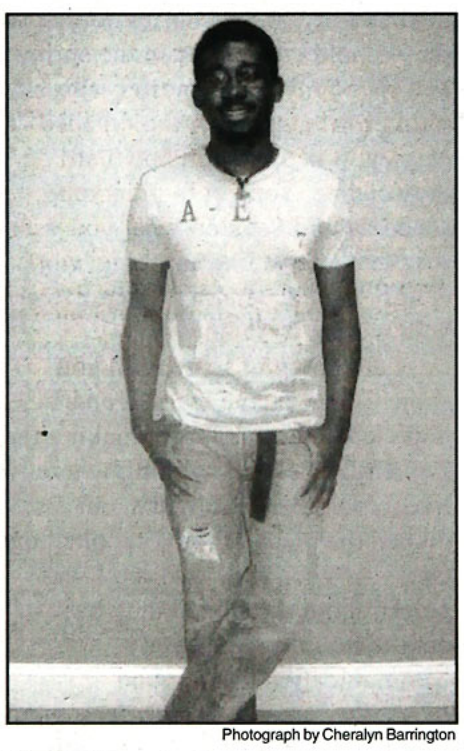


Photograph by Pia Rosca

Elizabeth O'Brien takes a good look in the mirror at her outfit.

Photograph by Cheralyn Barrington

Kelli shows off her individuality with her unique dress and accessories.



Photograph by Cheralyn Barrington

David always looks well put together in his American Eagle outfit.

Photograph by Cheralyn Barrington

Jo Anna adds flair to her outfit with a scarf and hat.

Sit back and relax: ways to alleviate freshmen stress

BY LINDSAY RENNER
Lions' Pride Staff Writer

One of the most stress-inducing rites of passage in young people's lives is their freshman year of college. It seems almost as soon as they turns 18, they are being pushed out the door, suitcase in hand, to go off into a whole new environment and forced to make a life of their own. Most young adults are thrown into this situation without quite knowing what to do. Being away from home for the first time is a lot of responsibility, not to mention freedom, added on all at once. Naturally, things can get pretty overwhelming.

People respond to this situation in different ways. Sophomore Tricia Maloney recalls, "I thought freshman year was kind of easy. The only thing that really stressed me out was golf." Maloney believes that the best way to deal with stress in one's first year is to "not get caught up in other people's drama" and to not procrastinate, tempting as it may be. The latter piece of advice, though it may seem trite, is especially important.

Students often feel like it's a good idea to put off a homework assignment in favor of a night of partying, but rest assured that a semester full of decisions such as this never ends productively. It might seem harder at the time, but in the long run doing work on time helps to lessen one's stress level because students are not constantly trying to push the limits of time.

" I find college can be relaxing," said freshman Bryan Komorowski, who seemed to agree with Maloney.

On the opposite end, many people find their freshman year challenging and highly stressful. Many upper classmen can look back now and recall how anxious they were about being thrown into a new situation headfirst and left to their own devices. It seems the best way to handle stress is to take everything on a little at a time, instead of trying to tackle all assignments at once. This can make everything seem much more manageable.

When reflecting over her freshman year, sophomore Deanna Tabone remembers how "it was really stressful, but it's nothing impossible to deal with if you can figure out what you're doing."

College is all about learning how to become a successful adult. If students can map out a path for academic success during their four years in college, a path for success in the real world will not be too much harder to attain. Reducing stress is all about striking a balance and finding ways that work best for you. Not everything suggested here will be the exact fit for each and every student; rather, they are guidelines for students to try and set out to find their own unique fit for successful stress reduction. With a little effort and a little time, students will find that the stress of freshman year does not have to be as intense as once anticipated.

G'day mates and greetings from down under!

BY JORDAN COATES
Lions' Pride Staff Writer

I'm Jordan Coates and I am currently studying abroad at Macquarie University in Sydney, Australia. I will be writing an article for every issue of *The Lion's Pride* sharing my stories and tips of living and studying overseas.

First things first, I would like to say that I have been here but one short month and it has already been the greatest experience of my life. Having said that, I recommend everyone should study abroad. I hope through my series of articles, others will decide to join the fun. Just remember, you're only in college once, and an opportunity like this doesn't always come around.

I am sure many of you are aware of the study abroad program at Saint Leo. If you aren't, I recommend getting to know it and choosing to study abroad. This is a big decision and a lot of factors come into play. If you are deciding where to go, rack your brain on where in the world you would most like to visit, think about the languages you can speak, and then go see Paige Ramsey. She is very helpful and can tell and give you information about all the study abroad locations and opportunities. From there, research! There is so much to learn about every place and university. If you are concerned about being far away from home for a long time, consider this. Many of us at Leo come from all over the U.S., leaving us still very far from home. Also, a semester abroad is almost equivalent to fall semester at Leo. They say time flies when you're having fun and I can guarantee you would have a blast wherever you choose to go. As to being away from family and friends, don't worry, they'll be there when you get back. Not to mention with today's technology, you have tons of options of keeping in touch. Skype will make you feel like your right there with them. For me, I decided to spend my first semester abroad so that I could come back in the spring and spend my last semester with all my Leo friends. Now the dreaded classes; it is up to you how hard they can be. You get to plan your schedule and decided what you want to take, and just like anything, work is only hard depending on the effort your willing to put into it

I am going to share with you some things I have learned and I hope to keep others from making the same mistakes. In deciding where to live, I looked over it lightly and picked the place I thought looked the coolest. When they told me I was placed there, I realized they had next to no internet, aka my communication to everyone overseas! Luckily for me ,they were able to switch me to a better fitting accommodation. Although I could now get internet, I completely misjudged the weather. While it was a hot sticky July at home, it was the coldest part of the winter here. Bringing only a few sweaters and one light jacket, I was forced to buy warmer clothes upon arriving. Remember life is a whole other world here; simple items like Crystal Light drink mixes are not common. It took us weeks to find chapstick and paperclips! Ladies, the range of feminine products here has been narrowed down to about two - none of which are pleasing. You are best to bring them in bulk. Men, ironically they have a supply for you. Another shocking discovery-red solo cups are next to non existent.

Now with the adapters, make sure you have the correct ones, and extras. Even with adapters, the voltage here is a lot stronger, so be careful when using them and use them for only a short time. Two of my friends learned this when one's hair straightener actually melted and the other's hair dryer's inside caught on fire. When it comes to credit cards, many of my friends swiped away, and when their bill came, it wasn't pretty. The exchange rate and service fees will get you! Same goes for the phone; I use a phone with a company called Talk Down Under. I have a prepaid amount to use every month; whereas, my roommate has a bill. This month he was charged, unknowingly, over $700. The airport is the biggie though. For example, my roommate got to the airport, went to check his bag and realized he forgot to put the other bag in the car. Also, make sure you have your visa and a printed copy to boot; I learned the hard way that they won't let you leave the country without one. Upon checking in for my flight, they asked for a copy of my visa/ visa acceptance. I was under the assumption that it was electronically attached to my passport. I was wrong. I had no access to internet, no number to call, and a soon departing flight. Luckily for me, the lady was super nice and took me to the back of the airport to print out my visa. I can't promise that is always going to happen, but I can promise the flight will leave without you, so make sure you come prepared.

After all this, the traveling hasn't even begun and neither have my stories. Next time, I'll tell you about the experience of traveling a 15 hour flight and my first days down under. Cheers!

Some Australian Lingo:
Thanks-Cheers
No problem-No Worries
Restroom-Toilets
Trash-Rubbish

Arts & Entertainment

Britney Spears' Big Top Circus Returns to Florida

BY KERRI HEASLEY
Lions' Pride Copy Editor

The second leg of Britney Spears' Circus tour has returned to North America with vengeance. Spears put on a dazzling show Tuesday, September 1 at the Amway Arena in Orlando, Florida.

Spears' headlining tour began last March making stops across the United States and in places as close to Saint Leo University as Tampa, Florida. After taking the Circus overseas to Europe, Spears decided to add more shows and return to North America starting in late August.

The Amway Arena in Orlando was an easy drive from Saint Leo University and had convenient parking. After entering the arena, it was apparent that there was not a bad seat in the house. Spears' stage layout was that of a concert in the round, which was a completely round stage with no backdrop or large speakers in the way of the audiences view. The view was completely unobstructed.

The show started promptly at 8 p.m. and the opening acts went on in a very timely fashion. As soon as one was finished, the next was on the stage performing in mere minutes. There were no long wait times between acts as is usually the case with most concerts.

The opening acts included Kristinia DeBarge, One Call, and Jordin Sparks. Kristinia DeBarge performed her hit single, "Goodbye" and one other song from her debut CD. One Call was a relatively unknown boy band, but the two songs performed were surprisingly catchy and upbeat. Jordin Sparks brought down the arena with her powerhouse vocals and smash hits. She performed such songs as "Battlefield," "No Air," "Tattoo," and "One Step at a Time." It was almost ironic for Sparks to open for Spears because the two are such opposites when it comes to vocal ability.

As soon as Sparks stepped off the stage, a lush curtain came down surrounding the center stage, and a 20 minute countdown was put on the screen. There was no hour long wait that comes with many big names, the lights went down and the music started as soon as the counter struck zero.

And what a circus it was! The show was chock full of acrobats, trapeze artists, fire-breathers, martial arts specialists, and gymnasts. There were even a couple of midgets. The theme of the circus leaned towards that of a freak show, which just happens to be a song that Spears performed.

After about ten minutes of mind blowing circus acts, Spears descended from the ceiling and opened the show with a dance filled rendition of her smash hit "Circus." She performed songs such as "Me Against the Music," "Toxic," "Every Time," "Womanizer," "Radar," "Do Somethin," "Piece of Me," "Breathe on Me," "Touch of my Hand," "If You Seek Amy" and many others.

Spears' dancing was reminiscent of her early days on the music scene and was miles away from her lackluster comeback performance on the VMAs. Some of the best back up dancers in the industry were recruited to compliment Spears' and really wow the crowd with their moves.

Photograph by Kristin Brittain
Britney Spears performing at Amway Arena.

Spears has entirely shed her good girl image, the concert being very risqué and often inappropriate for a younger audience. Skimpy but beautiful outfits, suggestive dance moves, and very provocative videos ran in the downtime when the set was being reconstructed and wardrobes were being changed. While this was all very entertaining and made for a phenomenal show, younger children should not be taken to it.

Unfortunately, but not unexpectedly, Britney Spears lip synched the entire show. Nevertheless, it was extremely enjoyable and did not put a damper on her performance whatsoever. A mere four days after the Orlando show, Spears added her own version of Alanis Morissette's "You Oughta Know" to her lineup and actually sang the song live on stage in Greensboro, North Carolina. This is a very promising sign as she's becoming more comfortable singing live after such a long hiatus away from the stage.

Britney is officially back and here to stay everyone, and there is every indication that she will be singing live in the very near future. Don't miss the Circus tour or any of Spear's future endeavors because she is truly one of the best performers of her time.

Rewriting World War II

BY LINDSAY RENNER
Lions' Pride Staff Writer

It is a rare film that can manage to seamlessly blend the old and the new without looking foolish or dated. The latest release from the acclaimed director Quentin Tarantino, *Inglourious Basterds*, does just this with such ease that it almost seems effortless.

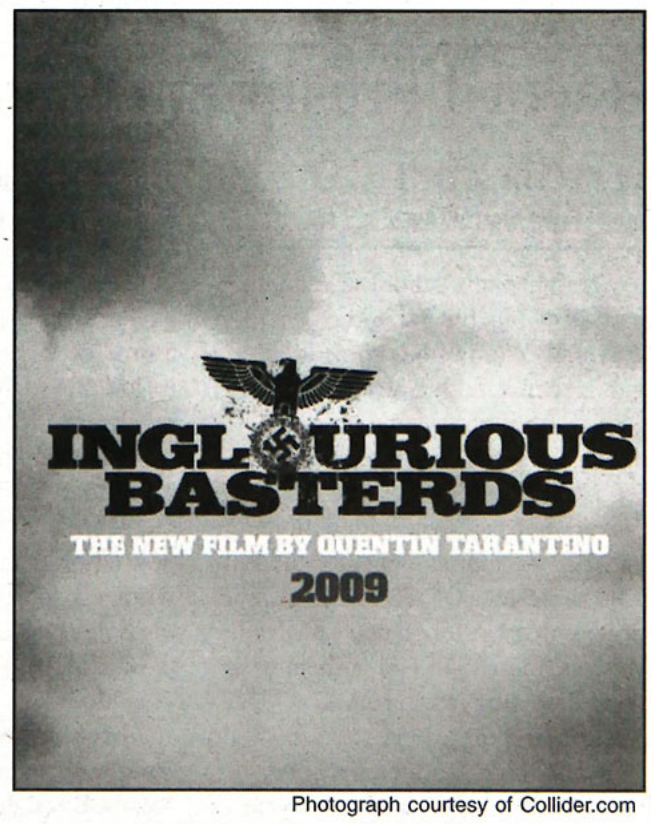
Inglourious Basterds, starring Brad Pitt and Eli Roth, is an utterly classic Quentin Tarantino film. It is stylized, quirky, and violent, as is his forte. Featuring characters with colorful nicknames such as Aldo the Apache (Pitt) and the Bear Jew (Roth), the movie is set in World War II Europe and tells a slightly different story than the one that history recorded.

The movie begins with a Nazi officer (Christoph Waltz) and his men coming to a home in a rural part of France suspected of hiding Jews. The officer and his men end up killing all of the people who had taken refuge there, minus a young woman named Shoshanna (Melanie Laurent), who later becomes one of the story's protagonists.

The movie is often told from two alternating story lines. The first one the viewer sees established is Shoshanna escaping from the Nazis. It is later found that she fled to Paris, took over her deceased relatives' theater and ends up having her theater chosen for a premiere of a Nazi propaganda movie.

Alternately, Aldo and his men continue to infiltrate and kill Nazi troops, and become infamous in the eyes of Hitler and his high command. Aldo and his troops have a take no prisoners mentality towards the Nazis; they either kill them, or get the information they need and release the soldier, but not before giving them "a little somethin' they ain't never gonna be able to take off."

Aldo and his men decide their main mission is to infiltrate the premiere that is being hosted at Shoshanna's theater. For this, they enlist the aid of a double agent, German movie star Bridget von Hammersmark (Diane Kruger). Although she is wounded in an accident, Bridget still manages to get the Basterds into the premiere, with all the German high command present. This is where the movie's dual plotlines finally come together for an explosive, violent ending that contradicts everything ever written in the history books.



Photograph courtesy of Collider.com

Chock full of scenes of gratuitous violence, *Inglourious Basterds* is not a movie for the faint of heart. It is a little slow moving, and errs on the long side, but still manages to maintain the viewer's interest for the duration of the film. Should you find yourself in the mood for something unforgiving and surprising, this is the movie for you.

Sports

Coach Crosby Says Goodbye To Coaching SLU Tennis

BY JESSICA PALL & MELINDA PIERCE
Lions' Pride Sports Editors

Athletes and coaches alike must have dedication, high goals, and a competitive attitude to succeed in the sports world. Tim Crosby set that standard here at Saint Leo University by dedicating 39 years of his life as head coach of the men's tennis team and 37 years as the women's head tennis coach.

It came as a complete surprise to the athletic department just before Memorial Day weekend, when Crosby announced his retirement from coaching at the University. However, Crosby, the associate professor of physical education, is still part of student life on campus, teaching students in the classroom, instead of developing their game on the tennis courts.

Having coached 300 young men and women during his coaching career, Crosby definitely impacted the lives of many athletes.

One of his athlete's, Richard Maclachlan, reminisces that Coach Crosby has the best "one line comebacks and one line jokes" that he has ever heard.

On a more serious note, Maclachlan remembers a time when he was being verbally abused during a tennis match.

"Coach Crosby's support on that day showed me that he really cared, and that no one was going to step over the boundaries with his players."

When Maclachlan was asked to give one word to describe Coach Crosby, he replied, "stupendous."

On the girl's team, Lina Benkirane wants Coach Crosby to be remembered as "True."

Both Maclachlan and Benkirane agree that Coach Crosby should be remembered in Saint Leo tennis history based on dedication to the school and to the team. Coach Crosby also pushed individuals to succeed in and out of the classroom.

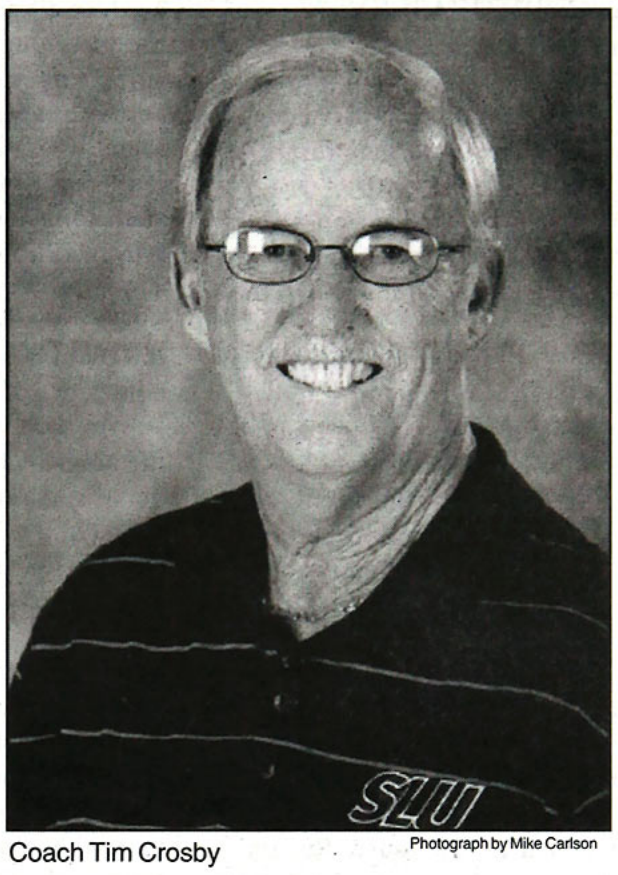
"I think he needs to be remembered for knowing what to say, at the right time. Coach Crosby has changed the way I think, act, and dedicate myself to projects, and has managed to play a significant role in my student-athlete career, and his words of wisdom will go with me forever," said Maclachlan.

Working at a university dedicated to core values, Crosby fit in with living up to these high standards. According to Athletic Director Fran Reidy, Crosby lived out these core values every day. "His integrity, respect, and allowing for the personal development of his students by making them rounded were the most outstanding."

Crosby's history with this University started before his tennis coaching career. Not only did Crosby graduate from Saint Leo in 1967, he played baseball for the school as well. Thus, Crosby's coaching career began as the assistant baseball coach. Crosby explained that baseball is a sport that requires a lot of time, and as he was also in charge of student affairs, the athletic director gave him a different position as the men's tennis coach because of his background in tennis.

After talking to Crosby, one realizes how much work he put into developing Saint Leo's tennis program. In the beginning of the program, Crosby explained that at first there were three courts—one behind Saint Edwards Hall, one by security, and the other by the gym. Thus, as a young coach, he constantly ran from court to court during practices.

In the late '70s early '80s, a generous donation of $20,000 was given, which Crosby used to build the tennis courts across state road 52 parallel with Marmion and Snyder. After having a 120x220 yard parking lot paved, Crosby and his tennis team built the rest. Crosby remembered that his girls' team applied 500 gallons of green paint onto the court with brooms. This is quite an accomplishment as building a normal court cost usually around $30,000.



Coach Tim Crosby Photograph by Mike Carlson

Fran Reidy recognized Crosby's talent for working within a budget. "Crosby wisely used the resources he was given, which was often minimal during many of his years, to the best of his ability. His dedication to the sport earned him respect from his athletes and co-workers alike."

Now Saint Leo University is proud to have excellent tennis courts on campus. Crosby remarked that in 2005 Dr. Kirk promised he would have new courts built. "As Dr. Kirk is a man of his word, in 2005, we got them."

In the last few years, Crosby commented that co-workers began asking him when he was planning on retiring. Crosby chuckled and explained, "Heck, I waited this long to have these beautiful courts, I want to use them!"

When asked why he retired from coaching, Crosby explained that his wife retired two years ago, and that he wanted more time to spend with her and his eight grandchildren who frequently visit their house.

Even though Crosby is not coaching college athletes anymore, the proud grandfather says he gives all his grandchildren tennis lessons. Additionally, Crosby is a full time teacher at Saint Leo. He loves teaching and still keeps active with tennis through teaching racquetball and tennis classes offered here.

Thank you Coach Crosby for coaching and making an impact on numerous athletes and building the tennis program that students at Saint Leo enjoy today.

Record Freshman Class Provides Hope for Saint Leo Athletics

BY JACOB STOUT
Lions' Pride Staff Writer

With the new school year coming into full swing, the Saint Leo University campus has come alive with students, both new and returning. This year has provided the largest class of incoming freshmen in Saint Leo University history. The University has also admitted more than 120 transfer students for the fall 2009 semester. Of the record number of incoming freshmen and transfer students, more than 100 of them will be participating in an NCAA sanctioned sport.

More than 60 athletes will be joining men's sports teams this year and more than 40 female athletes will be added to women's sports rosters. Men's lacrosse is adding the most athletes with 17, while the most for women's sports is softball with 9 additions.

The start of every new season brings with it the pressure to exceed expectations and last year's results. The new additions of freshmen and transfers not only provide a sense of hope but also intrigue as to what each new season will bring. Most of the Saint Leo University sports teams will be looking to improve on last season's results, and looking for some of the freshmen and transfers to provide the spark that was missing last season.

We would like to welcome all the new additions to both men's and women's sports teams and wish all of the Saint Leo University Lions the best of luck in the 2009-2010 season!

Men's Baseball: Adam Albers, Joseph Anzeveno, Ryan Brnovich, Austin Buck, John Daru, Christopher Fenisey, Ryan Gawrych, Patterson Hart, Matthew Hewitt, James Johnson, Corey Marcus, Taylor McGillis, Ryan Powers, Marshall Stalvey, Brandon Terry, Kory Wan

Men's Basketball: Jeremy Jackson, Matthew Kendrick, Daniel Oliver, Dominick Robinson, Allen Young Jr.

Men's Cross Country: Eric Dirth

Men's Golf: Nicholas Brothers, Ken Cavender, Josh Spalding, Michael Wozniak

Men's Lacrosse: Ryan Adkin, Jonathan Beresheim, Beau Besancenez, Nicholas Campana, Cyril Cartwright, Braeden Daly, Joseph Hamilton, Thomas Moran, Christian Nevola, Ryan Olsen, Gabriel Perrone, George Proechel, John Tanner, Mark Travis, Jordan Trombley, Robert VanBomel Jr., Chad Wise

Men's Soccer: Gabriel Bencosme, James DeConinck, Odysseas Economides, Matt Gallagher, Kyle Luterbach, Jason Manaras, Erik Mozzo, Jesper Otterstedt, Michael Panter, Kyle Peel, Jared Ross, Matthew Stewart, Daniel Valdez, Viktor Wikner

Men's Swimming: Brian Knudsen, Edward Olivia, Eric Singer, Dylan Walters, Bruce Wright

Women's Basketball: De'erika Brown, Brittany Carannante, Gekeela Clemmons, Elise Clyburn, Chanele Patton, Melissa Schmidt, Alyssa Viscomi, Willonda Windham

Women's Cross Country: Thelma Alanis, Jillian Browne, Angela Della-Penna, Emily Egan, Mariah Moss, Tanja Redmond

Women's Golf: Suzanne Ervin, Jordan Hatch

Women's Soccer: Cristina Coca, Shaana Headley, Kelli Jones, Andrea Lott, Rachael McQuade, Jessica Morejon, Lise Nisja

Women's Softball: Sarah Boyd, Ana Castillo, Sarah Earls, Jeanette Falcon, Jessica Figueredo, Alexandra Garris, Katie Gwinn, Tiffany Munz, Jaime Walker

Women's Swimming: Amanda Butler, Katherine David, Regina Tarnowski, Alexandra Vitale

Women's Tennis: Chloe Andersson, Tamara Bustard, Selma